

Resource

## Adrenaline rush

Are you an adrenaline junkie always waiting to see what your next challenge is going to be? Here are a few for you to choose from.

[Print](#)



### Zip line

Velocity is the FASTEST? Zip line? in the world, the longest in Europe and the nearest thing to flying you will ever experience!

This adventure takes you on the Little Zipper to build up your confidence before taking on Velocity. ?

Soar over Penrhyn Quarry, where you can travel at speeds of up to and over 100 mph while taking in unbeatable views of Snowdonia... If you're brave enough to open your eyes!

[Book now](#)

## Wing walk

Normally you fly inside a plane rather than on it, when you wing walk you will be on the plane, completely open to the elements!

Flying from 3 different locations across the UK (Kent, Somerset and Lincolnshire) you can bring along unlimited family and friends to watch!

[Book now](#)

## Bungee Jumping

Not for the faint-hearted! If you would like to take on something a little unusual to raise funds for NRAS, a bungee jump is the thing for you.

[Book now](#)

## Tandem Skydive

Are you brave enough to leap from a plane at 13,000 feet?

If you are, a Tandem Skydive is for you!

[Book now](#)

## Abseil

For those who like heights (and those who don't) this is a unique experience not to be missed!

[Book now](#)

If you would like to contact the Fundraising team before signing up to an adrenaline rush event, please email [fundraising@nras.org.uk](mailto:fundraising@nras.org.uk) or call us?on 01628 823 524.

This article was downloaded from [www.nras.org.uk](http://www.nras.org.uk). National Rheumatoid Arthritis Society (NRAS) is a registered charity in England and Wales (1134859) and Scotland (SC039721). A private company limited by guarantee. Registered in England and Wales (7127101).